

Thursday Evening Oct 1

5:30 Formal full moon ceremony  
6:10 Kinhin  
6:20 Zazen  
6:50 Kinhin  
7:00 Zazen  
7:35 Kinhin  
7:45 Dharma talk  
8:25 Refugees in Pali, Departure/ rest

Friday Oct 2

6-6:40 Zazen  
6:40-6:50 robe chant, service  
Break  
7:50 Zazen  
8:30 Kinhin  
8:40 Zazen  
9:20 Kinhin  
9:30 Zazen  
10:00 Kinhin  
10:10 Zazen  
10:40 outdoor vigorous walking  
11:10 Dharma talk  
11:50 Service, Metta Sutta  
12:00 lunch and break  
1:00 Zazen  
1:30 Kinhin  
1:40 Zazen  
2:10 Kinhin  
2:20 Dharma talk and discussion  
2:50 Kinhin  
3:00 Zazen  
3:30 Kinhin  
3:40 Zazen  
4:00 Break until  
5:30-6:10 zazen followed by Refugees

Sat Oct 3

8:00 Zazen

8:30 robe chant, service MakaHannya and Ancestors

8:50 Kinhin

9:00 Zazen,

9:30 work period

10:00 break

10:15 Zazen

10:45 outdoor vigorous walking

11:10 Dharma talk

11:50 Service, Maylie's Prayer

12:00 lunch and break

1:00 Zazen

1:30 Kinhin

1:40 Zazen

2:10 Kinhin

2:20 Dharma talk and discussion

2:50 Kinhin

3:00 Zazen

3:30 Kinhin

3:40 Zazen

4:00 Refuges in Pali

Sesshin continues with the Sunday morning program, 9-10:30